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Russ Spacemen Use Yoga to Relax While Orbiting, U.S. Expert Says

CPYRGHT

Russian cosmonauts are practicing yoga, the East Indian technique of mental discipline, to help them relax in space, a neuropsychologist said last night.

Dr. John M. Coyne of San Diego spoke at a meeting of the San Diego Bio-Medical Society in Children's Hospital.

The Russians say the technique permits their spacemen to perform more efficiently during their orbital flights, Coyne said.

Coyne said the Russian spacemen -- and one spacewoman -- have used yoga in their space flights.

Yoga used in this way is similar to hypnotic tests now under experimentation for the U.S. manned-space program, Coyne said.

A modified use of hypnosis was used on astronaut John Glenn, he said. Its use in the U.S. program is limited at this time, however, and is being used "cautiously," he added.

He said he got his information on the Russian space program from the foreign technology division of the Central Intelligence Agency when he was

working on life science research for General Dynamics Astronautics from 1960-63.